

Morale, Welfare & Recreation Sasebo, Japan

# Showcase

M A G A Z I N E

*Akemashte Omedetou Gozaimasu*

01 JAN  
/ 02  
FEB  
2012





# Hikes & Adventures

Experience the winter beauty of Japan's mountains with the Outdoor Adventure Center. Many of these trips involve snow and ice. For all snow hiking trips we will provide waterproof hiking boots, crampons, gaiters, trekking poles and waterproof rain shells. Please review our new hiking rating system to get a better idea of the challenge that awaits you on these adventures.

For more information, stop by the Outdoor Adventure Center or call 252-3500.

## Kunimi Day Hike

Sunday, January 22

10 a.m. - 3 p.m. • \$12

*This is a great family hike. We will start off next to a mountain lake and gradually climb up to the summit of Kunimi Peak with 360 degree views of Sasebo and Arita.*

Fitness: 🟡 Adventure: 🟢

## Kurokami Hike

Saturday, February 4

9 a.m. - 4 p.m. • \$24

*This is a staff's favorite and one of the most scenic trails near Sasebo. Try the challenging, near vertical route to the summit using ropes, ladders and chains as climbing aids.*

Fitness: 🟡 Adventure: 🟢🟢🟢

## Mt. Homan Snow Hike

Saturday, February 11

9 a.m. - 5 p.m. • \$24

*Mt. Homan is an ancient pilgrimage site, surrounded by shrines and temples. We will start our hike from a large shrine complex. When we hit the snow line, we will put on our crampons and continue to the craggy summit with a 360 degree views of the Fukuoka area. After the hike, warm up in a local hot spring.*

Fitness: 🟡 Adventure: 🟢🟢

## Hiraodai Caving

Sunday, February 12

9 a.m. - 5 p.m. • \$39

*The Hiraodai Countryside park in Kitakyushu is home to an amazing example of Karst topography. On the surface there are many limestone outcrops and sink holes. Under the ground is a huge network of caves. We will be venturing into at least two of these caves on this trip.*

Fitness: 🟡 Adventure: 🟢🟢

## Mt. Kuju Snow Adventure Trek

Sunday February 19

6 a.m. - 8:30 p.m. • \$35

*The Kuju area is home to the highest peaks on the main island of Kyushu. In winter, it hosts amazing alpine views and volcanic vents. We will be donning boots and crampons for this trek and will climb two of the highest peaks in the area. After the hike we will warm up in a hot spring with seven different outdoor baths.*

Fitness: 🟡 Adventure: 🟢🟢🟢

## Fitness Rating



🟡 **Easy:** Mostly level ground or slight incline, up to 5km in length.

🟡🟡 **Moderate:** 5 - 10km up to 500m elevation gain not to exceed 100m per km

🟡🟡🟡 **Moderately Strenuous:** 5 - 10 km up to 1,000m elevation gained

🟡🟡🟡🟡 **Strenuous:** 10km+ and/or more than 1,000m gained in one day.

## Adventure Rating

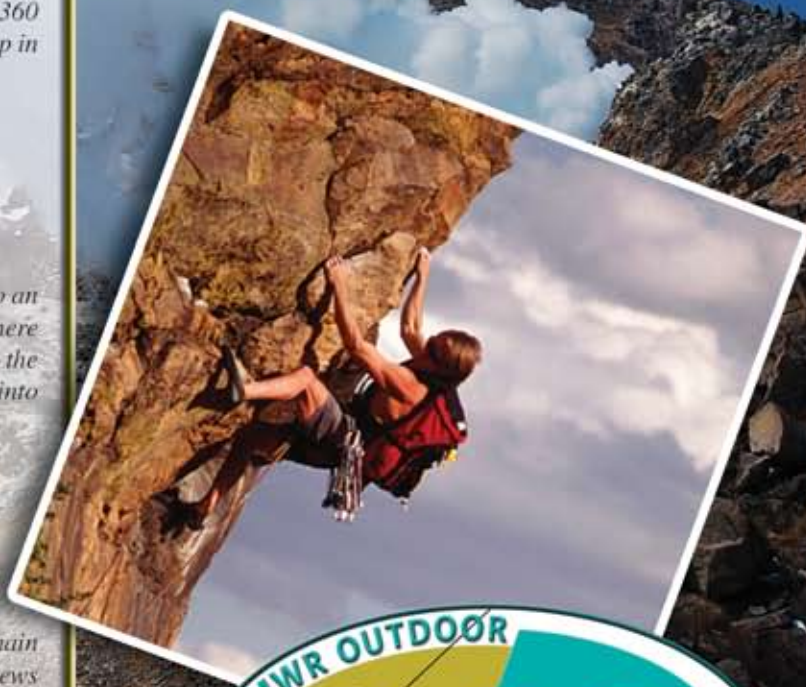


🟢 **Easy:** Few inclines and uncomplicated terrain

🟢🟢 **Moderate:** Inclines with some small obstacles or stream crossings

🟢🟢🟢 **Moderately Challenging:** Steep terrain and obstacles, may involve some scrambling, some use of chains and ladders with some exposure and possible river crossings.

🟢🟢🟢🟢 **Challenging:** Exposed terrain with serious consequences in a fall. Requires use of aids like ropes, chains, and ladders to complete ascent.





# January & February 2012

## IFC Hiking with Outdoor Adventure Center

Experience the winter beauty of Japanese mountains. Check out the new hiking rating system to find the hike best suited for you.

## 2 Valentine's Dinner

Celebrate this special day with your loved one at the Harbor View Club.

## 7 Nagasaki Lantern Festival

Chinese music fills the air as 15,000 lanterns light up Chinatown. Let acrobats, dancers and musicians entertain you on stages throughout the city.

## 11 Kyushu Run/Walk Challenge

Start the New Year on the right foot with this 100 mile run/walk challenge. Exercise on your own schedule and use a log sheet to track your progress.

## IBC Harbor View Club Presents Super Bowl Monday

Enjoy a breakfast buffet and see the game on the big screens! There will be score blocks, lucky drawings, a halftime contest, giveaways, free popcorn and more!

## BC Mardi Gras at the Hario Community Center

Fun for everyone! Enjoy music, games, activities, arts & crafts, festive foods, beads and more!

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 DAVID CRITES • 252-3472 • Business Office  
 Paulette Robinson • 252-3328 • Personnel • Allison Foo • 252-3930 • Marketing  
 Michael Rodriguez • 252-2926 • MWR Training  
 MASUMI YOSHIDA • 252-2917 • Administrative Officer  
 CHRISTINA SPARKS • 252-3799 • Child & Youth Program Administrator  
 Michael Hagan • 252-2989 • Youth Director  
 Sharon Singletary • 252-8984 • Youth Assistant Director  
 VACANT • 252-8842 • Hario CYP Trainer  
 Jessica Proctor • Main Base CYP Trainer  
 VACANT • 252-2985 • Main Base Child Development Center Director  
 Tammy Berry • 252-8842 • Hario Child Development Center Director  
 Tess Galura • 252-2989 • Main Base School Age Care  
 Melissa Perez • 252-8886 • Hario School Age Care  
 Alisha Clark • 252-3797 • Main Base Pre-Teen & Teen Centers  
 Cassandra Gary • 252-8986 • Hario Pre-Teen & Teen Centers  
 BARBARA CHILDRESS • 252-8996 • Athletics Director  
 Charmain Pardue • 252-2927 • Fitness and Aquatics  
 Dan Bellwood • 252-8891 • Sports Director  
 TAEKO YOSHINO • 252-8845 • Hario Fitness Center  
 Anthony Lawson • 252-8963 • Youth Sports  
 VACANT • 252-3320 • Community Activities  
 Sara Mizushima • 252-2910 • Library • Joseph Mendoza • 252-2988 • Showboat & Village Theaters  
 David Niehoff • 252-3600 • Outdoor Adventure Center  
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 KEN TAYLOR • 252-1902 • Food, Beverage & Entertainment  
 John Bart • 252-2952 • Charles Yost • 252-2940 • Harbor View Club  
 Efrain Gracia • 252-2980 • Galaxies • John Stamen • 252-1903 • Gaming





*The Harbor View Club invites you to*

# *Valentine's Dinner*

*Saturday, February 11*

*Doors open at six o'clock in the evening  
Dinner promptly served at thirty minutes past six*

*Celebrate this special day with your loved one at Chop's.*

*You'll be seated in an intimate candle-lit setting and  
treated to a romantic dining experience like no other.*

*An exquisite multi-course menu, complete with  
a selection of fine wines will be served.*

*All seats will be filled by reservation only.*



## *Love is...*

*For more information, call 252-3965.*





## Daily Lunch Specials: \$8

Served Monday - Friday • 11 a.m. - 2 p.m.  
Includes one trip to the Salad Bar and your choice of Iced Tea or Coffee.  
All entrées accompanied by Chef's Garniture.

### January MONDAY

**Thai Pork & Vegetable Green Curry**  
*Blend of Eggplant and a variety of Vegetables with Thai Basil, Coconut Milk and Pork.*

### TUESDAY

**German Bratwurst Sandwich**  
*A Bratwurst Patty grilled and topped with sautéed Peppers and Onions on a toasted Bun, served with warm German Potato Salad and Sauerkraut.*

### WEDNESDAY

**Penne Pasta Carbonara**  
*Creamy Parmesan Cheese Sauce infused with Pancetta and topped with Green Peas.*

### THURSDAY

**Beef Stroganoff**  
*Tender strips of Beef in a Russian style rich Sour Cream & Beef Gravy served over buttered Noodles with Vegetables.*

### FRIDAY

**Cod Fish Sandwich**  
*A breaded filet of Fish, deep fried golden brown and served on a toasted Bun with Lettuce, Tomatoes, Red Onions and French Fries.*

## February

### MONDAY

**Homemade Meatloaf**  
*Served with Mashed Potatoes, Gravy and Vegetables.*

### TUESDAY

**Tonkatsu**  
*A tender, breaded and fried Pork Cutlet served with shredded Cabbage, white Rice and Japanese Pickles.*

### WEDNESDAY

**CHOPS Homemade Lasagna**  
*Pasta sheets layered with Ricotta Cheese, Tomato Ragu, fresh Spinach and Sausage, topped with a mixture of Mozzarella and Parmesan Cheese.*

### THURSDAY

**Sasebo Burger**  
*Served with all the toppings and French Fries.*

### FRIDAY

**New Orleans Style Mahi-Mahi**  
*Filet lightly Cajun spiced and pan fried golden brown, served with a Chipotle Butter Sauce, Baby Potatoes and Vegetables.*

For take-out orders, call 252-2955.

NAVY ENTERTAINMENT PRESENTS



**CRAIG KARGES**

Tables float, minds are read, metal bends and your imagination is challenged because you won't believe your eyes.

www.craigkarges.com

**Friday, January 6**  
**7 p.m. • Free**  
**Sakata Ballroom**

Show is not recommended for small children.  
Doors will open at 6 p.m.  
Enjoy a dinner at Chops. Reservations recommended.

## Weekly Events



### Bingo Night

Every Wednesday  
(Starting Wednesday, January 11)  
\$20 per package  
Doors open 5 p.m.  
Games start at 6 p.m.  
18 years or older.



### Mongolian Barbecue

Every Thursday  
(Starting Thursday, January 12)  
5 - 9 p.m. • 65¢ per ounce  
Select from fresh meats, vegetables, seafood, sauces and condiments. Compliment your meal with rice, soups, noodles and a trip to the ice cream sundae bar.



### Happy Hour

Khaki Lounge & Hog Heaven  
Every Friday  
Starting at 5 p.m.  
Enjoy drink specials and free food.



### Sunday Brunch

10 a.m. - 2 p.m.  
Adults: \$13.95  
Children 4 - 10: \$5.95  
Children 3 & under: Free  
Patrons can enjoy breakfast items, lunch entrees, salad bar, desserts & more.



Music, Food & Entertainment

# GAMES

Brodie's, Galaxies & Hario Cantina

## CALL OF DUTY: MW3 TOURNAMENT

Wednesday, January 18  
5 p.m. • \$10 per person  
Galaxies 3rd Floor

Get your team of 4 ready to shoot it out with each other on our two 42" T.V.s. 1st place prizes will be awarded to the team who wins it all. Only 12 slots open, register at the Galaxies Cash Cage. Only one person from each team needs to sign up for the team. Be sure to come up with an outrageous name for your team.



## 9-Ball Pool Tournament

Mondays, January 9 & February 13  
7 p.m. • Free  
Brodie's 2nd Floor

*A players wanted, B players beware!  
9-Ball race to 5. Open to the first 16 sign-ups.  
Register at the Galaxies Cash Cage.*

## Dart Tournament

Wednesday, January 11 &  
Monday, February 20  
7 p.m. • \$10 per person  
Brodie's 2nd Floor

*Bring your darts and trash talk  
while the system keeps track of  
the score and you can see who  
will go home a sore loser.*



## Theme Nights

Happening on the 2nd & 3rd Floor

Every Monday...

**Monday Mayhem Rock Night**

7 - 10 p.m. • 2nd Floor

*Start your week at Galaxies with rock 'n' roll music.*

Every Tuesday...

**Honky Tonk Night**

7 - 10 p.m. • 2nd Floor

*Enjoy country music all night long.*

Every Thursday...

**Latin Night**

8 - 11:30 p.m. • 3rd Floor

Every Friday...

**Brodies' Happy Hour**

3 - 8 p.m. • 2nd Floor

**R&B Hip-Hop Night**

8 p.m. - 1:30 a.m. • 3rd Floor

Every Saturday...

**Saturday's Playlist**

8 p.m. - 1:30 a.m. • 3rd Floor

*On this night, we will shuffle through the best of  
hip-hop, house, techno, reggae and old school tunes.*





## Brodie's Lunch Specials

**\$5.75** (Includes a soda)  
Served Monday - Friday • 11 a.m.  
*While supplies last.*

### JANUARY

**Monday:**  
Chicken Curry Rice Bowl

**Tuesday:**  
Sliced BBQ Pork Hoagie  
Served with Potato Salad.

**Wednesday:**  
Mexican Calzone  
Calzone stuffed with spicy Ground Beef  
and Cheddar Cheese topped with  
Shredded Lettuce and Diced Tomatoes.

**Thursday:**  
Meatball Submarine Sandwich  
Served with Chips.

**Friday:**  
Pork Fried Rice  
Served with a Mini Lumpia.

### FEBRUARY

**Monday:**  
"The Howler"  
Thinly sliced Cajun Spiced Ribeye,  
Swiss Cheese and Jalapeños on a  
Hoagie Roll served with Chips.

**Tuesday:**  
Chop Block Wrap  
Rotisserie Fired Pork Roast, Lettuce, Tomatoes,  
Onions and Chipotle Mayonnaise wrapped in  
a Garlic & Onion flavored Tortilla.

**Wednesday:**  
8" Single Topping Pizza

**Thursday:**  
Soup & Sandwich  
Grilled Cheese Sandwich with Tomato Soup.

**Friday:**  
Chicken Enchiladas  
Served with Mexican Rice and Refried Beans.

GALAXIES

## Kid's Pirate Day

Sunday, February 5

1 p.m. • \$10 per Child (Ages 2 - 12)

Brodie's 2nd Floor

Come find the buried treasure as we sail  
the 7 seas together on Brodie's Express.  
Open to the first 20 sign-ups.



## BOB MARLEY BASH

Monday, February 6

5 p.m. • Free

Galaxies 3rd floor

Come listen to the sounds of the best Reggae  
singer known. As DJ Yoshi cranks up the amps  
while you dress like Bob Marley himself. Drink  
specials and free food will be available.



HARIO CANTINA

## Texas Hold 'Em

Friday, January 27

8 p.m. • Free

Hario Community Room

Hario Cantina







All classes are free.

### JCI Clinic

Every Wednesday • 5 - 6:30 p.m.  
Learn what the mechanics look for during the JCI inspection. We'll give you information on how to fix the basic problems as well as information on local shops and parts dealers that are certified in doing the inspection. Save hundreds of dollars doing this yourself!

### Basics of Motorcycle Care & Custom Work

Every Wednesday • 6:45 - 7:30 p.m.  
Stop by and learn about basic motorcycle care and economic ways to make your ride totally custom!

### Automobile Tune-Up Class

Every Thursday • 5 - 6 p.m.  
Come in and learn about all the basics from changing spark plugs to air filters and more.

### Emergency Car Care

Every Thursday • 6 - 7 p.m.  
Come in and learn how to change a battery, put a spare on, put chains on your tires and more! Never be stranded again!

### Oil Change Clinic

Every Saturday • 2:30 - 3:30 p.m.  
Bring a filter and oil and find out how fast and easy this money saving task really is.

### Basics of Car Detailing Workshop

Every Saturday • 4 - 5 p.m.  
Stop by and learn the basics of keeping your car looking great year round!

### Auto Hobby Safety Class

Every Sunday • 1 - 2:30 p.m.  
Come in and learn what the shop can do for you. This class is mandatory for all patrons who use the shop.



## SPARE TIME RECREATION CENTER

### Upcoming Events

#### Galactic Bowling

Fridays, January 13, 27,  
February 10 & 24  
7 - 9 p.m. • \$6 per person  
Bowl for 2 hours under disco light setting

### Ongoing Events

#### Military in Uniform Bowl Free

Every Monday - Friday  
11 a.m. - 1 p.m.  
All you have to do is rent your shoes.

#### Bowling at Lunch

Every Monday - Friday  
11 a.m. - 1 p.m.  
Spend \$6 or more at the 11th Frame Snack Bar and bowl 2 games for free. Bring today's receipt to the front counter. All you have to do is rent your shoes.

#### Family Bowling

Every Sunday  
11 a.m. - 4 p.m.  
Kids 12 & under bowl for free with a paid adult.  
All you have to do is rent your shoes.

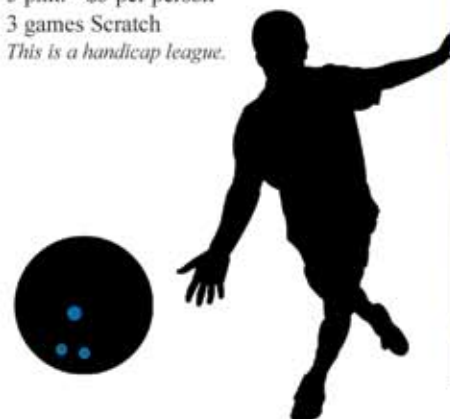
### Leagues

#### US & Japan Winter League

Thursday, January 12 - Thursday, March 1  
6:30 p.m. • \$12 per person

#### Chiefs' & Officers' League

Wednesdays, January 25 & February 22  
5 p.m. • \$3 per person  
3 games Scratch  
This is a handicap league.



### 11th Frame Snack Bar

Lunch Specials  
\$5.75 • includes soda  
Served Monday - Friday  
11 a.m. - 5 p.m.

#### January

MONDAY: Turkey Melt  
TUESDAY: The All New Western Burger  
WEDNESDAY: Shrimp Scatter  
THURSDAY: Tuna Salad Sandwich  
FRIDAY: Steak Sub

#### February

MONDAY: Fish Sandwich  
TUESDAY: Chili Cheese Burger  
WEDNESDAY: Roast Beef Melt  
THURSDAY: BBQ Pork Sandwich  
FRIDAY: Bacon Egg Burger

Includes your choice of French Fries,  
Curly Fries or Coleslaw.

### Have a Party!

Plan your next event at the  
Spare Time Recreation Center.  
We can help you celebrate  
your birthday or command  
event. To see what Party  
Packages are available, stop  
by the Spare Time Recreation  
Center's front counter.

### Make Reservations for Re-enlistments

For your re-enlistment  
ceremony, reserve your space  
at Spare Time Recreation  
Center by calling 252-3634.  
With several commands doing  
re-enlistments at the same  
time, a firm reservation is  
your best bet.



### Nagasaki Lantern Festival

Friday, January 27

Registration Deadline: Wednesday, January 25

Saturday, January 28 (2 buses)

Registration Deadline: Thursday, January 26

All seats: \$15

Depart: Main Base 1 p.m. • Hario 1:45 p.m.

Return: Hario 11 p.m. • Main Base 11:30 p.m.

15,000 lanterns light up the city as thousands of people descend upon the festively illuminated Chinatown.

Night stalls selling yamcha are enveloped in steam and traditional Chinese music fills the air. On the stages throughout the city, acrobats, dancers and musicians entertain bathed in the warm glow of the lanterns.

## January

### Bio Park Interactive Zoo

Saturday, January 7

Adults: \$23, Ages 3 - 18: \$16,  
Ages 2 & under: \$9

Registration Deadline: Thursday, January 5

Depart: Main Base 9:45 a.m. • Hario 10:30 a.m.

Return: Hario 2:30 p.m. • Main Base 3 p.m.

Nagasaki Bio Park is a zoo and a botanical garden where you can learn about nature and culture through hands-on experiences.

### Kumamoto City Day Tour

Featuring Kumamoto Castle

Saturday, January 7

Adults: \$35, Ages 15 & under: \$26

Registration Deadline: Thursday, January 5

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 7:30 p.m. • Main Base 8 p.m.

Kumamoto City is located in the center of Kyushu Island and is the prefectural capital of Kumamoto Prefecture.

### Aeon Mall Chikushino Shopping

Sunday, January 8

All seats: \$16

Registration Deadline: Thursday, January 5

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 3 p.m. • Main Base 3:30 p.m.

Spend the afternoon at one of the newest shopping malls in Fukuoka.

### Temples of Hirado

Saturday, January 14

Ages 5 & up: \$18, Ages 4 & under: \$16

Registration Deadline: Thursday, January 12

Depart: Main Base 9 a.m. • Hario 8:15 a.m.

Return: Hario 4 p.m. • Main Base 3:30 p.m.

Visit three historical temples on the beautiful island of Hirado!

### Ceramic Art Experience at Ureshino Tousaikan Studio

Saturday, January 14

All seats: \$18

Registration Deadline:

Thursday, January 12

Depart: Main Base 12 p.m. • Hario 12:45 p.m.

Return: Hario 4:45 p.m. • Main Base 5:15 p.m.

Paint your own custom design on a ceramic plate or cup.

### Discover Sasebo Tour

Sunday, January 15

All seats: \$28

Registration Deadline: Thursday, January 12

Depart: Main Base 9:45 a.m. • Hario 9 a.m.

Return: Hario 3:45 p.m. • Main Base 4:15 p.m.

Enjoy a sampling of the fantastic sightseeing available in and around Sasebo City!

### Nagasaki City Day Tour

Sunday, January 15

Ages 13 & up: \$35, Ages 4 - 12: \$30,

Ages 3 & under: \$15

Registration Deadline: Thursday, January 12

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 7 p.m. • Main Base 7:30 p.m.

Visit the historic Nagasaki Peace Park and Atomic Bomb Museum as well as other historic locations throughout Nagasaki City.

## Amusement, History & Fun

# EXPLORE

## Travel & Tours

Scheduled Tours, Information,  
Do-It-Yourself Trips.

### Martin Luther King Day Special

#### Papio Ice Skating & Aeon

#### LUCLE Shopping Mall Fukuoka

Monday, January 16

Adult: \$25, Ages 13 - 17: \$20,

Ages 12 & under: \$15

Registration Deadline: Thursday, January 12

Depart: Main Base 7:15 a.m. • Hario 8 a.m.

Return: Hario 6:30 p.m. • Main Base 7 p.m.

Enjoy ice skating Fukuoka Papio Ice Arena then shop at Aeon Mall Fukuoka LUCLE.

### MCAS Iwakuni Shopping

Saturday, January 21

All seats: \$26

Registration Deadline: Thursday, January 19

Depart: Main Base 6:45 a.m. • Hario 7:30 a.m.

Return: Hario 9:30 p.m. • Main Base 10 p.m.

Curious about other bases in Japan?

Travel to Marine Corps Air Station Iwakuni and see what they have to offer.

### Dutch Trading Post and Japanese Tea Experience

Saturday, January 21

Adults: \$20, Ages 6 - 17: \$19,

Ages 5 & under: \$17

Registration Deadline: Thursday, January 19

Depart: Main Base 12:45 p.m. • Hario 12 p.m.

Return: Hario 6 p.m. • Main Base 5:30 p.m.

Visit the post that was set up in 1609 in Hirado as a trading center for East Asia. Next, enjoy learning about and how to prepare Japanese green tea.

### Yutoku Inari Shrine & Sachihihime Sake Tasting

Sunday, January 22

All seats: \$17

Registration Deadline: Thursday, January 19

Depart: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 3:30 p.m. • Main Base 4 p.m.

Visit one of the three greatest Inari shrines in Japan.

### Saga Youme Town Shopping

Sunday, January 29

All seats: \$13

Registration Deadline: Thursday, January 26

Depart: Main Base 8 a.m. • Hario 8:45 a.m.

Return: Hario 3:30 p.m. • Main Base 4 p.m.

Shop 'till you drop and then enjoy lunch at the food court.

## Hours of Operation

Monday - Saturday • 10 a.m. - 6 p.m.

Sunday & Federal Holidays • Closed

252-3433 / 252-2916



## Saga Space Science Center

Sunday, February 12

Adult: \$26, Ages 4 - 17: \$20,

Ages 3 & under: \$15

Registration Deadline:

Thursday, February 9

Depart: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 4 p.m. • Main Base 4:30 p.m.

The Saga Prefecture Space Science Center offers an opportunity for visitors to learn science with interest and fun. The exhibition is divided into five zones: the "Discover the Space Zone" fostering dreams and fantasies about space, the "Discover the Earth Zone" inspiring interest in the wonders of science, the "Discover Saga Zone" introducing the various natural ecosystems of Saga, the "Science Toy Box" offering experiences of mysterious phenomenon and the "Children's Square" making children familiar with science through play.



## February

### Nagasaki Lantern Festival

Saturday, February 4 (2 buses)

All seats: \$15

Registration Deadline: Thursday, February 2

Depart: Main Base 1 p.m. • Hario 1:45 p.m.

Return: Hario 11 p.m. • Main Base 11:30 p.m.

About 15,000 colorful lanterns and objects decorate the exotic city of Nagasaki during the festival and traditional Chinese performances take place in various locations.

### Miniature Rock Bonsai Making

Sunday, February 5

All seats: \$31

Registration Deadline: Thursday, February 2

Departs: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 2 p.m. • Main Base 2:30 p.m.

Create your own miniature Bonsai plant with the assistance of trained staff.

### Kumamoto Castle & Wakuwaku Za

Saturday, February 11

Ages 16 & up: \$32, Ages 6 - 15: \$26,

Ages 5 & under: \$20

Registration Deadline: Thursday, February 9

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 7:30 p.m. • Main Base 8 p.m.

Kumamoto Castle is one of the 3 most visited castles in all of Japan and Wakuwaku Za is a newly opened Historical Culture Experience Center.

### Explore Fukuoka

Saturday, February 11

All seats: \$18

Registration Deadline: Thursday, February 9

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 6 p.m. • Main Base 6:30 p.m.

Experience all the sights and sounds (and shopping) Fukuoka City has to offer at your own pace.

### Costco Express Shopping

Saturday, February 18

All seats: \$15

Registration Deadline: Friday, February 10

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 3:30 p.m. • Main Base 4 p.m.

Similar to our usual Costco trip except this trip is shortened for the shoppers who want to get in and get out!

### Nagasaki off the Beaten Path

Saturday, February 18

Adult: \$18, Ages 6 - 17: \$14,

Ages 3 & under: \$10

Registration Deadline: Thursday, February 16

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 6 p.m. • Main Base 6:30 p.m.

A departure from our usual Nagasaki Day trip. This trip introduces you to a few of the hidden highlights of Nagasaki City.

### The Aqua Garden Beppu

Sunday, February 19

Ages 13 & up: \$38, Ages 12 & under: \$30

Registration Deadline: Thursday, February 16

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 8:15 p.m. • Main Base 8:45 p.m.

Visit a new hot spring facility for the whole family that features a beautiful view of Beppu City. Unlike ordinary hot springs, you may enjoy bathing in parts of this facility with your swim suit on! Persons with visible tattoos will not be allowed in the pool areas.

### Limited Availability

President's Day Special

### Cirque de Soleil "KOOZA"

Monday, February 20

Ages 13 & up: \$70, Ages 12 & under: \$44

Registration Deadline: Friday, February 3

Depart: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 5:30 p.m. • Main Base 6 p.m.

KOOZA is a return to the origins of Cirque de Soleil. It combines two circus traditions - acrobatic performance and the art of clowning.

### Recycle Shopping in Togitsu

Saturday, February 25

All seats: \$16

Registration Deadline: Thursday, February 23

Depart: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 1:30 p.m. • Main Base 2 p.m.

Search for great deals at Flea Market ACB and Hard-off which are two of the largest recycle shops/second hands stores in the Togitsu area.

### Nagasaki Penguin Aquarium

Saturday, February 25

Adults: \$25, Ages 4 - 12: \$23,

Ages 3 & under: \$19

Registration Deadline: Thursday, February 23

Depart: Main Base 11 a.m. • Hario 11:45 a.m.

Return: Hario 5:15 p.m. • Main Base 5:45 p.m.

This aquarium boasts the largest number of penguin species in Japan. Of the 18 existing species on Earth, eight species (140 penguins) are kept there.

### Strawberry Picking & Premium Outlet Tosu Shopping

Sunday, February 26

All seats: \$22

Registration Deadline: Thursday, February 23

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 4 p.m. • Main Base 4:30 p.m.

Choose your own delicious strawberries ripe for the picking then on to Premium Outlet Tosu, a shoppers paradise!





## March

### MCAS Iwakuni Shopping

Saturday, March 3

All seats: \$26

Registration Deadline: Thursday, March 1

Depart: Main Base 6:45 a.m. • Hario 7:30 a.m.

Return: Hario 9:30 p.m. • Main Base 10 p.m.

Curious about other bases in Japan?

Travel to Marine Corps Air Station

Iwakuni and see what they have to offer.

### Nagasaki City Day Tour

Sunday, March 4

Ages 13 & up: \$31, Ages 4 - 12: \$24,

Ages 3 & under: \$12

Registration Deadline: Thursday, March 1

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 7 p.m. • Main Base 7:30 p.m.

Visit the historic Nagasaki Peace Park and

Atomic Bomb Museum as well as other

historic locations throughout Nagasaki City



### Explore Fukuoka

Saturday, March 10

All seats: \$18

Registration Deadline: Thursday, March 8

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 6 p.m. • Main Base 6:30 p.m.

Explore all the sights and sounds (and shopping)

Fukuoka City has to offer at your own pace.

New Trip

### Strawberry Picking & Premium Outlet Tosu Shopping

Saturday, March 10

All seats: \$22

Registration Deadline: Thursday, March 8

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 4 p.m. • Main Base 4:30 p.m.

Choose your own delicious

strawberries ripe for the

picking then on to Premium

Outlet Tosu, a shopper's

paradise!

New Trip



### Saga Antique Bazaar and Hina Festival

Saturday, March 3

All seats: \$14

Registration Deadline: Thursday, March 1

Depart: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 4:30 p.m. • Main Base 5 p.m.

The "hina-matsuri" (doll festival) is famous

for the quality and elegance of its hina dolls.

The dolls displayed were owned by successive

wives of the Nabeshima Lords between the

Edo and Meiji Era. The doll sets including

other decorative articles are gorgeous and

intricate. Nearby is an antique bazaar with

approximately 50 vendors where you can

search for hidden treasures and great

souvenirs of your tour in Japan!

New Trip

### Cirque de Soleil "KOOZA"

Sunday, March 11

Ages 13 & up: \$90,

Ages 12 & under: \$55

Registration Deadline: Saturday, February 25

Depart: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 5:30 p.m. • Main Base 6 p.m.

KOOZA is a return to the origins of Cirque

de Soleil. It combines two circus traditions

- acrobatic performance and the art of clowning.

New Trip

## TRAVEL & TOURS SIGN-UP RULES

- Registration for all day trips scheduled from Saturday, January 21 through Sunday, March 11 will begin on Tuesday, January 3.
- Tour registration will only be taken in person on the first day of tour registrations.
- Registration will be on a first-come, first-served basis with payment due at the time of registration.
- On the first day of ticket sales, patrons will be limited to purchasing 1 ticket per SOFA sponsored family member. An additional two tickets may be purchased unless tour is designated "Limited Availability".
- Make sure your RecTrac Household is up to date!
- Registration dates for overnight tours are as indicated.
- Departure and return times indicated for tours are tentative. Finalized times will be indicated on the tour itineraries given to you at the time of registration.

## Do-it-Yourself Destination



### Hirado Island

Hirado Island is located on the northwestern part of Nagasaki Prefecture. Hirado is a special place where you can still experience the beauty of the Japanese countryside. It prospered as a castle town ruled by the feudal lord Matsuura. In 1609, the Hirado Dutch Trading House was established there, and as the area had an excellent natural port, Hirado became the central stage for trade with other countries, such as China, Holland and Portugal. Because of its special place in history there are many great sights including shrines, temples, churches and beautiful nature including mountains, forests, beaches, spectacular cliffs and large open grass fields.

Contact ITT for driving directions and more information!



Land & Sea

# ACTION

Outdoor Adventure Center

## Snow Adventures

### Geihoku Overnight Skiing & Snowboarding

Saturday, January 7 - Sunday January 8

Departs 5 a.m. Saturday

Returns 9 p.m. Sunday • \$285

*Lodging, transportation and ski or snowboard set are included. Geihoku is located in Hiroshima Prefecture and is the largest ski area in southern Japan. Runs of over 1.2 miles are available at this resort with an average base of 138cm of snow in February.*

### Mizuho Drive All Night, Ride All Day Trip

Friday, January 20 - Saturday, January 21

Departs 11:30 p.m. Friday

Returns 8 p.m. Saturday • \$89

*Fee includes transportation and lift ticket only. Rental Ski/Board is an additional ¥4,000. Sleep on the bus and wake up to snow covered slopes on this trip. Mizuho offers a great variety of slopes for all abilities.*

### Tenzan Skiing & Snowboarding

*(Joint Trip with Liberty)*

Sunday, January 29

9 a.m. - 5 p.m.

\$65 for lift ticket only

\$95 including snowboard or ski set.

*This is an excellent mountain for beginners. Come give it a shot before heading to the bigger mountains.*



### Mizuho Overnight Skiing & Snowboarding

Saturday, February 4 - Sunday, February 5

Departs 5 a.m. on Saturday

Returns 9 p.m. Sunday • \$275

*Mizuho is an excellent ski area with lots of runs. Come join us on this trip to get warmed up for the season. Lodging, transportation, ski or snowboard set are included.*

### Geihoku Drive All Night, Ride All Day Trip

Friday, February 17 - Saturday, February 18

Departs 11:30 p.m. • Returns 8 p.m. Saturday • \$95

*Fee includes transportation and lift ticket only. Rental Ski/Board is an additional ¥4,000. Sleep on the bus and wake up to snow covered slopes on this trip. Geihoku has some of the longest runs in southern Japan. Don't miss this opportunity.*

### Tenzan Night Skiing/Snowboarding

*(Joint Trip with Liberty)*

Saturday, February 25

3 p.m. - 12 a.m.

\$65 for lift ticket only

\$95 including snowboard or ski set.

*Enjoy the thrill of skiing/snowboarding at night without the huge crowds and long lines of the day time.*





## Scuba Diving

**Advanced Open Water  
SCUBA Diving Class (NAUI)**  
Friday, January 13 - Sunday, January 15  
(Friday 4:30 - 10 p.m., Saturday &  
Sunday 9 a.m. - 4 p.m.)  
\$200

**Guided Dive Trips**  
Single Tank: \$40  
2 Tank Dive: \$80  
*These trips can be scheduled any  
weekend day with a minimum of 4 divers.*



## Fishing

*All of our fishing trips include rod/reel, all the bait you will need,  
and initial fishing rigs. We will also have additional gear for sale  
if you need. We have done all of the research and have chosen  
location and times to maximize your chance for success.*

### Goto Island Fishing Camp

Saturday, January 7 - Sunday, January 8  
Departs Saturday 8 a.m. • Returns Sunday 4 p.m. • \$199  
*These deep water off-shore islands are famous for big game fishing.  
A ferry will drop our group off on a remote island known for 24 hours  
of great fishing. Our guide will set up camp and assist in your fishing  
experience. Dress warm and bring drinks. Dinner and breakfast will be  
provided with the goal to supplement meals with fish caught. This trip  
is remote and rugged for the serious angler, it is not suited for the faint  
hearted or small children.*

### Night Sea Bass Fishing at Shirahama Village Pier

Friday, January 20  
5:30 - 9:30 p.m. • \$24  
*Only initial lure is provided, additional lures available for sale.*

### Barge Fishing in Hirado Straights

Saturdays, January 21 & February 11  
5:45 a.m. - 4:30 p.m. • \$99  
*Fish from a large barge in the Hirado Straights, where the heavy currents  
bring through a lot of big fish. Barge is equipped with toilet, amenities  
and BBQ grill for the group.*

### Kayak Fishing Expedition

Saturday, January 28 & Sunday, February 26  
8 a.m. - 4 p.m. • \$59  
*Try fishing from the freedom of a kayak. These kayaks are built for  
stability and comfort for fishing. Kayak, fishing gear, cold weather  
paddling gear, fish finder guide and paddling instruction are  
provided on these trips.*

### Pier Fishing in Karatsu

Saturday, February 18  
8 a.m. - 4:30 p.m. • \$29

### Arashiomaru Boat Fishing Charter out of Kosaza

Saturday, February 25  
7 a.m. - 3 p.m. • \$119  
*This is one of our regular charters that  
has always gotten great reviews.  
The boat captain works well with  
beginners and works hard to guarantee  
your satisfaction on these trips.*



## Paintball

### Paintball at Sakibe Field

Every, Sunday is an open game.  
Saturdays are available for group games and private events.  
10 a.m. - 1 p.m. • \$10 + cost of paintballs  
*Cost includes transportation and equipment. Paintballs can be purchased  
at the Hammerhead Dive Shop. Minimum of 8 participants needed to run a  
game. Sign up by the preceding Thursday to guarantee a spot in the game.*

### Tournament at Sakibe Field

Saturday, January 14  
10 a.m. - 4 p.m. • \$50 per team + cost of paintballs  
*Get a team of 3 people together and compete in our first of many  
paintball tournaments. There is a minimum of 4, maximum of 8 teams  
so sign up early. Prizes will be awarded to first and second places with  
the prizes valued at over \$200.*



## Scenic Strolls & Hot Springs

*Enjoy these low intensity hikes and relax at a traditional  
Japanese Hot Spring afterward. These relaxing strolls are  
great for the cool months and a great chance to explore  
incredible scenic sites in Nagasaki and Saga prefectures.  
Hot spring entrance is not included in trip fee.*

Friday, January 13: Kurokami Temple Walk & Yutoku Hot Spring  
Friday, January 27: Osaki Peninsula & Shiosai Spa  
Friday, February 10: Kunimi Peak Walk & Yamanoren Spa  
Friday, February 24: Ureshino River Stroll & Shiiba Sanso Spa  
3:30 - 7:30 p.m. • \$10





## Activities & Trips

# LIBERTY

Single or Unaccompanied Military

## January

### Call of Duty: MW3 Tournament

Wednesday, January 4

6 p.m. • Free

Let's see who the 'Best of the Best' COD MW3 players in Sasebo. Winner will receive a prize.

### "Gangster" Movie Night

Friday, January 6

6 p.m. • Free

Come enjoy Spaghetti & Meatballs (while supplies last) and watch the screening of the classic film Goodfellas.

### Papio Ice Skating, Canal City & Hawks Town Shopping

Saturday, January 7

8 a.m. - 7 p.m. • \$20

Registration Deadline: Wednesday, January 4  
Includes: Transportation, rental equipment, ice time and shopping. Be sure to bring plenty of Yen for food and shopping.  
Maximum number of seats: 20

### 99 Island Cruise & Pinocchio Lunch

Sunday, January 8

11 a.m. - 5 p.m. • \$30

Registration Deadline: Wednesday, January 4  
Includes: Transportation, 99 Island scenic boat cruise, lunch at Pinocchio's Italian restaurant, admission to the new aquarium and time to browse the pier-side shops. Be sure to bring your camera and extra Yen.  
Maximum number of seats: 10

### Baggo Tournament at Brodie's

Monday, January 9

6 p.m. • Free

Winner will receive a prize

### Money Matters Workshop

Wednesday, January 11

11:30 a.m. - 1 p.m.

FFSC counselors will conduct presentations on financial management and the Transition Assistance Program ("TAP")

### "Friday the 13th" Movie Night

Friday, January 13

6 p.m. • Free

Come enjoy free popcorn and watch the first ever Friday the 13th on HD Blu-Ray.

### Mizuho Overnight Skiing & Snowboarding Trip

Saturday, January 14 -

Sunday, January 15

Depart Saturday at 5 a.m.

Return Sunday at 11:30 a.m.

\$225 w/ rental gear

\$150 w/o rental gear

Registration Deadline: Wednesday, January 4  
Includes: Transportation, full rental gear (jacket, pants, boots & board or skis - if needed), 2 lift tickets and overnight accommodations in Hiroshima. Bring plenty of Yen and dollars for food and souvenirs.  
Maximum number of seats: 24

### Air Hockey Showdown

Wednesday, January 18

6 p.m. • Free

Winner will receive a prize.

### UFC Originals I-X

Friday, January 20

6 p.m. • Free

Come enjoy popcorn and watch the classic debut bouts of the Ultimate Fighting Championship when there were NO RULES!

### Mizuho Overnight Skiing & Snowboarding Trip

Saturday, January 14 - Sunday, January 15

Depart Saturday at 5 a.m. • Return Sunday at 11:30 a.m.

\$225 w/ rental gear • \$150 w/o rental gear

Registration Deadline: Wednesday, January 4

Includes: Transportation, full rental gear (jacket, pants, boots & board or skis - if needed), 2 lift tickets and overnight accommodations in Hiroshima. Bring plenty of Yen and dollars for food and souvenirs.  
Maximum number of seats: 24



### Greenland Amusement Park

Saturday, January 21

9 a.m. - 7 p.m. • \$45

Registration Deadline: Wednesday, January 11  
Includes: Transportation and park entrance fees. Bring extra Yen for food and souvenirs.  
Dress for comfort and weather.  
This is an outdoor amusement park.  
Maximum number of seats: 20

### Texas Hold 'Em Tournament

Wednesday, January 25

6 p.m. • Free

Prize will be awarded to the first and second place winners.

### Nagasaki Lantern Festival

Saturday, January 28

1 - 10 p.m. • \$10

Registration Deadline: Wednesday, January 25  
15,000 colorful lanterns decorate the exotic city of Nagasaki. Chinese acrobat performances are also on display during this annual festival.  
Maximum number of seats: 12

### Tenzan Skiing & Snowboarding Trip

Sunday, January 29

9 a.m. - 5 p.m.

\$70 w/rental • \$40 w/o rental

Registration Deadline: Wednesday, January 18  
Includes: Transportation, night lift pass and rental gear (if needed). Bring Yen for food and souvenirs. A dry change of clothes is a good idea also.  
Maximum number of seats: 24





## February

### Dominoes Game Night

Wednesday, February 1

6 p.m. • Free

*Winner will receive a prize.*

### Nagasaki Glass Blowing

Saturday, February 4

9 a.m. - 5 p.m. • \$35

*Registration Deadline: Wednesday, February 1*

*Includes: Transportation, expert glass blowing demo, glass blowing experience and you get to keep the item that you make!*

*Maximum number of seats: 16*

### Dart Tournament at Brodie's

Monday, February 6

6 p.m. • Free

*Prizes will be awarded to the winners.*

### Down to Your Last Dollar?

### Jousting Tournament

Wednesday, February 8

6 p.m. • Free

*Registration Deadline: Monday, February 6*

*Includes: Tournament, exhibition matches, food and drinks. Prizes will be awarded to the winners.*

### Papio Ice Skating, Canal City & Hawks Town Shopping

Saturday, February 11

8 a.m. - 7 p.m. • \$20

*Registration Deadline: Wednesday, February 8*

*Includes: Transportation, rental equipment, ice time and shopping. Be sure to bring plenty of Yen for food and shopping.*

*Maximum number of seats: 20*

### Call of Duty MW3 Tournament

Wednesday, February 15

6 p.m. • Free

*Let's see who the 'Best of the Best' COD MW3 players in Sasebo. Winner will receive a prize.*

### Alfred Hitchcock

### Classic Movie Night

Friday, February 17

6 p.m. • Free

*Come enjoy free popcorn and watch the classic screening of the thriller Psycho.*

## Tenzan Night Skiing & Snowboarding Trip

Saturday, February 25

3 p.m. - 12 a.m.

\$70 w/ rental • \$40 w/o rental

*Registration Deadline: Friday, February 17*

*Includes: Transportation, night lift pass and rental gear if needed (jacket, pants, boots & board/skis). Bring Yen for food and souvenirs. A dry change of clothes also is a good idea. Maximum number of seats: 24*

## Mizuho Overnight Skiing & Snowboarding Trip

Sunday, February 19 -

Monday, February 20

Depart Sunday at 5 a.m.

Return Monday at 11:30 p.m.

\$225 w/ rental gear

\$150 w/o rental gear

*Registration Deadline: Monday, February 6*

*Includes: Transportation, full rental gear (jacket, pants, boots & board or skis - if needed), 2 lift tickets & overnight accommodations in downtown Hiroshima. Bring plenty of Yen and dollars for food and souvenirs.*

*Maximum number of seats: 24*

## "Don't be THAT Guy" Night

Wednesday, February 22

6 p.m. • Free

*Come enjoy free food, challenges and door prizes while the Liberty Center hosts a "Don't be THAT Guy" seminar.*

## Robert DeNiro Movie Night

Friday, February 24

6 p.m. • Free

*Come enjoy free popcorn and watch the classic screening of Taxi Driver.*

## Omura Go Carts & Lunch Buffet

Sunday, February 26

10 a.m. - 5 p.m. • \$45

*Registration Deadline: Wednesday, February 22*

*Includes: Transportation, all-you-can-eat buffet and 14 laps on the fastest go carts on Kyushu. Bring extra Yen for additional laps (¥2,000 per set of 7).*

*Maximum number of seats: 10*



## March

## Mizuho Overnight Skiing & Snowboarding Trip

Saturday, March 3 - Sunday, March 4

Depart Saturday at 5 a.m.

Return Sunday at 11:30 p.m.

\$225 w/ rental gear • \$150 w/o rental gear

*Registration Deadline: Wednesday, February 29*

*Includes: Transportation, full rental gear (jacket, pants, boots & board or skis - if needed), 2 lift tickets & overnight accommodations in downtown Hiroshima. Bring plenty of Yen and dollars for food and souvenirs.*

*Maximum number of seats: 24*

## Space World Amusement Park

Saturday, March 10

9 a.m. - 7 p.m. • \$35

*Registration Deadline: Wednesday, March 7*

*Includes: Transportation and park entrance fees. Dress for comfort and weather. Bring plenty of Yen for food and souvenirs.*

*Maximum number of seats: 20*





# Aquatics, Winter Sports & Runs

# FITNESS

## Fleet Fitness Complex

### Aquatics

At the Fleet Fitness Complex Indoor Pool.  
Sign-up at the Welcome Counter.  
For more information, call 252-2927 or 252-6895.

### Swim Lessons

**Group:** There is a maximum of eight (8) students per class. Six (6) 50-minute sessions.

**Private:** One-on-One instructions; any level accepted.

Appointments and payments accepted from 8:30 a.m. - 6:30 p.m. at the Fleet Fitness Complex Indoor Pool Office.

\*Governed by American Red Cross guidelines.\*

### Group Swimming Lessons

Tuesdays & Thursdays

#### January Session

Tuesday, January 10 - Thursday, January 26  
Registration Dates:

Monday, January 2 - Friday, January 6

#### February Session

Tuesday, February 7 - Thursday, February 23  
Registration Dates:

Monday, January 30 - Friday, February 3  
\$40 includes (6) 50-minute group sessions  
Must be 3 years of age or older and potty trained.

Level 1 & 2: 4 - 4:50 p.m.

Level 3 & 4: 5 - 5:50 p.m.

Level 5 & 6: 6 - 6:50 p.m.

### Private Swim Lessons:

Mondays & Wednesdays

Providing personalized instructions to any level. Private swim lessons are 30 minutes each session.

\$10 - 1 Instructor / 1 Person

\$15 - 1 Instructor / 2 People

\$17.50 - 1 Instructor / 3 People

\$20 - 1 Instructor / 4 People

### Triathlon Water Skills

Monday, January 16 &  
Monday, February 13

5 - 6 p.m. • Free

FFC Indoor Pool

Adults 18 years & older.

No registration necessary

Improve your swimming performance, technique, speed and agility. This class is specifically designed for triathlon training.

For more information, call Charmain Pardue at 252-3588/2927.

### Family Fun Night "Movie" Rio (G)

Friday, January 20

5 - 7 p.m. • Free

FFC Indoor Pool

Open to all ages.

Water toys and noodles will be available.

For more information, call 252-2927.

### Indoor Sprint Triathlon

Saturday, February 11

9 a.m. • Free

FFC Indoor Pool

Registration Deadline: Monday, February 6

Sign-up at the FFC Welcome Counter.

For more information, call Charmain Pardue at 252-3588/2927.

### Family Fun Night

Friday, February 17

5 - 7 p.m. • Free

FFC Indoor Pool

Open to all ages.

Water toys and noodles will be available.



### Runs

#### Kyushu Run/Walk Challenge

Monday, January 2 - Tuesday, January 31

Start the New Year on the right foot with this run/walk challenge. Sign up at the Fleet Fitness Complex or Hario Fitness Center.  
For more information, call 252-2927.

#### Couples' Valentine's Day 5k Run

Tuesday, February 14

11 a.m. • Free

Fleet Fitness Complex

### Winter Sports

Register at the Fleet Fitness Complex Welcome Counter. For more information on Captain's Cup events, contact Dan Bellwood at 252-6891/3588.

#### IM Women's Superbowl

Sunday, February 5

10 a.m.

Nimitz Park Football Field

Current season runs through February and will finish with an end of season game.

Registration open throughout the season. 4-team minimum in order to run a league.

#### Attention Intramural Teams:

There is a \$200 forfeit fee for all teams. The money is refundable if the team disbands without forfeiting a game.

### Swimming Pools Hours of Operation:

Monday - Friday:

Lap Swim: 5 a.m. - 1 p.m.

Open Recreation: 1 - 7 p.m.

Saturday, Sunday, and Holidays:

Open Recreation: 8 a.m. - 6 p.m.

(unless posted otherwise)

Main Base & Hario Outdoor Pools: Closed for the season





## Fitness

Register at the FFC Welcome Counter.  
For more information, call Charmain Pardue  
at 252-2927.

### Fitness Orientation Seminars

Tuesdays, January 3 & February 7

4:30 p.m. • Free

Saturdays, January 21 & February 18

12 p.m. • Free

Fleet Fitness Complex

Limited to first 8 sign-ups.

Orientation will be offered for adults and youth over the age of 10. It includes a facility tour and overview of rules, regulations and equipment use and safety techniques.

### Circuit Workshop

Wednesday, January 11

10:30 - 11:30 a.m. • Free

FFC Strength Conditioning Room

Registration Deadline: Monday, January 9

Limited to first 6 sign-ups.

Learn how to properly use the circuit strength training machines. Then participate in a 30-minute full body circuit workout.

### Leap Into Fitness Aerob-a-thon

Saturday, January 14

9 a.m. - 12 p.m. • Free

FFC Group Exercise Room

No pre-registration necessary.

Come at anytime and try the different group exercise classes available at the Hario Fitness Center and Fleet Fitness Complex. Belly Dancing, Zumba, Yoga, Pilates and more.

### Navy Operational Fitness and Fueling Series (NOFFS)

Friday, January 27

8 a.m. - 5 p.m. • Free

10 maximum per class, Active duty military have priority.

### Treadmill Workout

Wednesday, February 8

10:30 - 11:30 a.m. • Free

FFC Cardio Room

Registration Deadline: Monday, February 6

Limited to first 6 sign-ups.

Learn how to maximize your treadmill workout. The first 30 minutes will go through the functions of the treadmill. The second 30 minutes will consist of a treadmill workout.

## Sports

Register at the Fleet Fitness Complex  
Welcome Counter.

For more information on Captain's Cup events,  
contact Dan Bellwood at 252-6891/3588.

### Captain's Cup Family Events

Participating Captain's Cup individuals/  
families will earn points for their Command.  
Registration is required for participation;  
register at the FFC Welcome Counter.

### 5 vs. 5 "In Your Face" Dodgeball

Wednesday, January 18

5:30 p.m. • Free

FFC Gymnasium, Court #1

Open to Adults 14 & up.

Registration Deadline: Monday, January 16  
5-person teams National Amateur Dodgeball  
Association (NADA) rules apply.

### 3-Point Shoot Out

Monday, January 30

5:30 p.m. • Free

FFC Gymnasium, Court #2

Open to all ages.

Registration Deadline: Friday, January 27  
Participant will attempt to make as many  
3-Point Shots as possible with 21 basketballs.

### Sumo Slam

Friday, February 17

5:30 p.m. • Free

FFC Gymnasium, Court #3

Open to Ages 18 & up.

Registration Deadline: Wednesday, February 15

### Toss & Kick

Tuesday, February 28

5:30 p.m. • Free

Field Adjacent to the FFC Gymnasium

Open to Adults 14 & up.

Registration Deadline: Friday, February 24  
Football Toss & Futsal Ball Kick Contest

## Certified Personal Trainer

Get one-on-one customized training  
to reach your fitness goals.

**Chris Coulson • \$25 per session**

Email coulsonlax@yahoo.com or  
call the Fleet Fitness Complex  
252-3588 for more information.

## Open Tournaments

Register at the FFC Welcome Counter

### 3 vs. 3 Half Court Basketball

Friday, January 27

5:30 p.m. • Free

FFC Gymnasium, Court #2

Open to ages 18 & up.

Registration Deadline: Wednesday, January 25  
3-person teams.

### 3 Player Racquetball

Wednesday, February 8

5:30 p.m. • Free

FFC Gymnasium, Racquetball Courts

Open to ages 18 & up.

Registration Deadline: Monday, February 6

### 2 vs. 2 Wallyball

Tuesday, February 28

5:30 p.m. • Free

FFC Gymnasium, Racquetball Courts

Open to ages 14 & up.

Registration Deadline: Friday, February 24  
5-person teams.

## Group Exercise Classes

Classes offered include: Ballet, Jazz,  
Belly Dancing, Pilates, Karate, Hula,  
Yoga, Zumba and Healthy Exercise  
(Stretch). For more information,  
call 252-3588.

### Rhythmic Gymnastics

Instructor: Toshiko Matsuo

Mondays • 2:45 - 3:15 p.m.

\$25 per month • Ages 3 - 6

Fridays • 4 - 5 p.m.

\$30 per month • Ages 7 & older

### Fit Force: The New You with Chris Coulson

Instructor: Chris Coulson

Tuesdays & Thursdays

5:15 - 6:15 p.m.

\$100 per month (8 classes)

A group training class concentrating  
on strength, cardio and core training.

### Yoga Style

Saturday, February 25

9 - 10 a.m. • Free

No registration necessary.

Join us for a variety of yoga styles  
from Vinyasa Slow Flow to Power  
Yoga. Each class is taught by a  
different yoga instructor.  
Come find your style!





# HARIO

## Fitness Center

### Hario Group Exercise Classes

For more information, call 252-8960.

All classes will be held in the  
Hario Fitness Center Aerobics Room.

No classes will be held on federal holidays and  
no school days.

#### Morning Mix Ganbatte

Instructor: Julie Weidner

Mondays & Wednesdays

8:30 - 9:30 a.m. • Free

Mix of cardio, strength and yoga exercises.

Julie mixes it up every class.

Minimum of 3 participants required for each class.

No pre-registration required.

#### Spinning Class

Instructor: Julie Weidner

Tuesdays & Thursdays

8:30 - 9:30 a.m. • Free

#### Cardio Combat

Instructor: Mari Roque

Tuesdays & Thursdays

6 - 7 p.m. • \$35 per person/per month

Register before the first class of the month.

Minimum of 5 participants.

#### Belly Dancing

Instructor: Jennifer Dawson

Wednesdays • 6 - 7 p.m.

\$25 per month

Register before the first class of the month.

Minimum of 5 participants.

#### Shorinji Kempo Karate

Instructor: Masayuki Kinoshita

Saturdays

9 - 10 a.m. • Ages 7 - 15

Cost \$30 per person/per month

10 - 11 a.m. • Ages 16 & older

Cost \$35 per person/per month

New students: See instructor for initial  
registration fee (\$3,000 paid directly to instructor)  
and information on uniform requirements.

Classes are only held the first four Saturdays  
of each month.

### Hario Fitness Center Orientation

Every Tuesday at 6 p.m. or by appointment.

Provides orientation of the fitness facilities and programs to include  
rules, safety guidelines, proper use of equipment and instructional  
fitness assessment opportunities. Includes a fitness screening and  
BMI report. For more information, call 252-8960.

Fleet Fitness Complex & Hario Fitness Center

### Kyushu Run/Walk Challenge

Monday, January 2 - Tuesday, January 31

Start the New Year on the right foot with this 100 mile run/walk  
challenge. Exercise on your own schedule and use a log sheet to track  
your progress. Utilize the fitness centers to help you reach your goal.  
Each participant that successfully completes this program will be  
entered for a chance to win the Kyushu Challenge.

Sign up at the Fleet Fitness Complex or Hario Fitness Center.

For more information, call 252-2927.

### 3-on-3 Basketball Tournament & 3-Point Shootout (ages 10 - 18)

Friday, January 27 • 4 - 7 p.m.

Registration Deadline: Wednesday, January 25

A trophy will be awarded to the 1st place winner of each event.

Bring your own water bottle to hydrate. Minimum of 3 teams required.

### Wanted

Group Exercise Instructors & Personal Trainers at Hario.

Call 252-8960 for more information.







Register at Hario Fitness Center or Main Base Fleet Fitness Complex. For more information, call 252-8963.

### Youth Sports Basketball

Ages 5 - 18

(enrolled in Kindergarten to 12th grade)

\$40 per child with PAYS (includes jersey top, shorts and end of season award)

Registration: Now - Friday, January 13

Season: Monday, January 23 - Saturday, March 17

Players will need to purchase gym shoes.

After January 13, registration is open on space available basis, first come first serve with an additional \$25 late fee.

### Parent Association of Youth Sports (PAYS)

In partnership with Navy Child and Youth Programs and National Alliance for Youth Sports (NAYS), PAYS provides information to parents on how to positively be involved in your child's youth sports experience.

Option 1: Online - \$6 per family annually

<http://paysonline.nays.org/>

Chapter: AP - CFAS Japan; SASEBO Youth Sports  
Code: 1135

Option 2: On-Site Training (30-minute video and presentation)

Now - Friday, January 13 • Free

Every Tuesday at 6 p.m. • Hario Youth Sports Office

Every Thursday at 6 p.m. • Main Base Teen Center

Register 3-days prior to training date at the Fleet Fitness Complex or Hario Fitness Center.

### Smart Start Basketball

Ages 3 - 5

(not enrolled in Kindergarten)

Saturdays, February 11 - March 17

9 - 9:45am • \$15 per child

Register now - Friday, January 13

Location will be based on Youth Sports League (ages 5 - 18) Game Schedule.

This is a parent/child sports program to prepare children and their parents for organized sports in a positive safe environment. Program works to improve a child's motor skills that gradually build confidence in children while they are having fun at the same time. Minimum 10/Maximum 20 participants.

### Interested in Coaching Basketball?

Must have First Aid and CPR Certification. Contact Youth Sports at 252-8963 or e-mail [anthony.lawson@fe.navy.mil](mailto:anthony.lawson@fe.navy.mil) to apply.



# KIDS

## Youth Sports & CYP Programs

### School Age Care

#### Nagasaki Science Museum & Creating Glass Beads

Saturday, January 21

9 a.m. - 5 p.m. • \$39

Registration Deadline: Friday, January 13

Departs: Main Base: 9 a.m. • Hario: 9:30 a.m.

Returns: Main Base: 4:30 p.m. • Hario: 5:30 p.m.

Explore science in Nagasaki. Learn about our planet and the universe that surrounds us. Enjoy a science workshop and exercising in the four-story indoor playground. See how glass bars are turned into beads. Watch the melting and creation process and then design your own glass bead key chain. Minimum 10 /Maximum 16 participants required.

#### Strawberry Picking & Japanese Sweets Making

Saturday, February 11

9 a.m. - 4:30 p.m. • \$41

Registration Deadline: Friday, February 3

Departs: Main Base: 9 a.m. • Hario: 9:30 a.m.

Returns: Main Base: 4:30 p.m. • Hario: 4 p.m.

Enjoy picking fresh strawberries in the green houses this winter and then experience the art of making classic Japanese sweets. Learn about plants and the methods for growing plants during the cold seasons. Please be sure to dress warmly.



Strawberry Picking Fun!



## Main Base

### Torch Club

Tuesdays, January 10 & February 7  
4 - 5 p.m. • Free

Main Base Pre-Teen Center

*Torch Club is a small group leadership development program for pre-teens. Members will elect their officers, choose and plan their own activities, and implement community service projects. Join our meetings and share your ideas with the club. Make a difference in your Sasebo community and beyond.*



### Scholarship Club

Wednesdays, January 11 & February 8  
3:30 - 4:30 p.m. • Free

Main Base Teen Center

*This club is dedicated to helping high school juniors and seniors find scholarships and financial aid for their college careers. There are many ways to help pay for a quality education and this club is committed to helping those who are serious about their future.*

### Keystone Club

Tuesdays, January 17 & February 28  
4 - 5 p.m. • Free

Main Base Teen Center

*This unique leadership development experience provides opportunities for young people ages 14 - 18. Youth participate both in and out of the Club in activities in three areas of focus: academic success, career preparation and community service.*

### 4-H International Cooking Club

January 19 & February 14  
4 - 6 p.m. • Free

Main Base Pre-Teen & Teen Center

*This new club is dedicated to expanding the culinary horizons of teens by cooking foods from around the world. Healthy eating habits, serving sizes and proper food handling will be emphasized. A minimum of 5 participants required.*



### 4-H Charity Club Base Clean-Up

Tuesday, January 24  
4 - 5 p.m. • Free

Main Base Pre-Teen & Teen Center

*This new club is dedicated to expanding the horizons of teens by cooking foods from around the world. We will cover healthy eating habits and proper food portions while introducing youth to international cuisines. A minimum of 5 participants required.*



### Drama Matters

Thursdays, January 26 & February 16  
4 - 5:30 p.m. • Free

Main Base Pre-Teen & Teen Center

*Drama Matters is a BGCA theater arts club that harnesses a child's love for acting and improvisation. We recite poems, act out scenes from famous plays and celebrate your love for the theater arts. Hone in on your theatrical and artistic skills. A minimum of 5 participants required.*



### Birthday Bash

Tuesday, January 31 & Wednesday, February 29  
4 - 5 p.m. • Free

*Happy Birthday Capricorns and Aquarians! If your birthday is in January or February, come and have some birthday cake your local Pre-Teen & Teen Centers.*



### Power Hour

Monday - Friday  
3 - 4 p.m. • Free

*Earn points and rewards for Power Hour at any Pre-Teen or Teen Center. All you have to do is complete your homework at the center. On Wednesdays you receive double points. Earn exciting gifts or passes for working hard in school.*



### Valentine's Day Party

Tuesday, February 14  
3 - 5 p.m. • Free

*Registration Deadline: Tuesday, February 7*  
*Come and celebrate this day with your closest friends at the Pre-teen and Teen Centers. We will make Valentine's Day cards, cookies and have a great time with friends. A minimum of 10 participants required.*



### Fit Factor Sports Challenge

Tuesday, February 21  
4 - 5 p.m. • Free

*Registration Deadline: Monday, February 20*  
*Think you have what it takes to be an all around sports athlete? Come show us what you're made of for our first ever Fit Factor Sports Challenge! There will be a variety of sports exercises to test your abilities. All participants will receive goodies and winners will receive cool Fit Factor prizes. A minimum of 5 participants required.*





# Hario

## S.M.A.R.T. Girls (Skills, Mastery and Resistance Training)

Every Wednesday in January & February

4 - 5 p.m. • Free

*This club is designed to promote self-esteem, empowerment, and education. S.M.A.R.T. Girls builds a legacy of caring for tomorrow by reinforcing positive behavior and respectful relationships. We are confident that you will find this club exciting and effective.*

## Passport to Manhood

Every Wednesday in January & February

4 - 5 p.m. • Free

*Passport to Manhood represents a targeted effort to engage young adolescence males in discussions and interactive activities that reinforce positive behavior and respectful relationships. We are confident that you will find this club exciting and effective.*

## Healthy Habit/4-H Agricultural Food Cooking Club

Thursday, January 12

Registration Deadline: Thursday, January 5

Thursday, February 9

Registration Deadline: Thursday, February 2

4 - 5:30 p.m. • Free

*This club is intended to help you learn more about healthy eating habits. Learn basic information from calorie counting to making healthy snacks. Be prepared to enjoy yourself while learning a few good tips to share at home.*



## Movie Night with a Snack

Friday, January 20

Registration Deadline: Thursday, January 12

Friday, February 24

Registration Deadline: Friday, February 17

4 - 7 p.m. • \$2

*Take time out to enjoy a movie as you socialize with your friends. Join us as we watch a great film and enjoy some delicious snacks.*



## Girls Only Spa Day

Wednesday, January 25

Registration Deadline: Wednesday, January 18

4 - 5:30 p.m. • Free

*This day is for ladies to relax and celebrate being you. On this day you will be pampered and treated like the queens you are. You will get your nails painted, a foot soak and a light snack all while enjoying girl talk with your friends. Don't miss out on this exciting event!*

## Birthday Bash

Tuesdays, January 31 & February 28

4 - 6 p.m. • Free

*Have you celebrated your birthday this month? Even if you have, celebrate it again with your friends at the center. We will be baking your cake here and you can decorate it any way you like. Enjoy a fun atmosphere as you socialize with your friends.*



## Parents & Teen Karaoke Party

Friday, February 10

4 - 6 p.m. • Free

Registration Deadline: Friday, February 3

*Have you celebrated your birthday this month? Even if you have, celebrate it again with your friends at the center. We will be baking your cake here and you can decorate it any way you like. Enjoy a fun atmosphere as you socialize with your friends.*



## Valentine's Day Party

Tuesday, February 14

4 - 6 p.m. • Free

Registration Deadline: Tuesday, February 7

*Valentine's Day is the time to mingle with your friends. Help us party the day away while we decorate cookies, sing and dance.*



## Combined Field Trips

### Nagasaki Atomic Bomb Museum & Peace Park

Saturday, January 14

8 a.m. - 6 p.m. • \$10

Registration Deadline: Friday, January 6

Departs: Main Base at 8 a.m. • Hario at 8:30 a.m.

Returns: Main Base at 6 p.m. • Hario at 5:30 p.m.

*The Nagasaki Atomic Bomb Museum and Peace Park are a major part of Japan's history. Come visit a Japanese national monument and learn about a historical period in time. We will take a walk through the Nagasaki Peace Park and visit the Atomic Bomb Museum. Please bring extra Yen for food and wear comfortable shoes and warm clothing. Minimum 10 / Maximum 16 participants required.*

### Papio Ice Skating (ages 10 - 18)

Saturday, January 21

10 a.m. - 7 p.m. • \$25

Departs: Main Base: 10 a.m. • Hario 10:30 a.m.

Returns: Hario 6:30 p.m. • Main Base 7 p.m.

Registration Deadline: Friday, January 13

*Come show off your skating skills and see if you can make a figure-8. Please dress warmly and bring plenty of Yen for food and souvenirs. Minimum 10 / Maximum 16 participants required.*



### Mt. Eboshi Nature Hike

Saturday, February 18

10 a.m. - 5 p.m. • \$2

Departs: Main Base: 10 a.m. • Hario 10:30 a.m.

Returns: Hario 4:30 p.m. • Main Base 5 p.m.

Registration Deadline: Friday, February 10

*If you enjoy the outdoors, come on out and explore the beautiful scenery of Mt. Eboshi. Please wear warm clothing, gloves and hats. Hiking boots are recommended, but a good pair of sneakers will be just fine. Pack plenty of water and bring a lunch in your backpack. Maybe we'll even have snow! Minimum 10 / Maximum 16 participants required.*



### Monkey Park & Umitamago Aquarium

Saturday, February 25

7 a.m. - 8 p.m. • \$30

Registration Deadline: Friday, February 17

Departs: Main Base: 7 a.m. • Hario 7:30 a.m.

Returns: Hario 7:30 p.m. • Main Base 8 p.m.

*Lions, tigers and bears - oh my! No. But there will be monkeys galore! Join us as we venture to Monkey Park, home to a variety of monkey species. We will get to interact with monkeys, feed monkeys, and maybe even pet monkeys! We will also visit the beautiful Umitamago Aquarium. Please bring Yen for lunch souvenirs and monkey treats. Please dress warmly and wear your walking shoes. Minimum 10 / Maximum 16 participants required.*







## Reading Jamboree for Mommy & Me

Open to ages 18 months - 4 years.

Mommies can bring their young ones as we read books, sing songs and do crafts.

Registration is open to the first 20 sign-ups.

### "Dinosaurs Rock!"

Monday, January 30

9 - 9:30 a.m. • Free

Registration Deadline:

Monday, January 23

We're going to rock the Library with our dinosaur activities.

### "Visit to Seuss-ville"

Monday, February 27

9 - 9:30 a.m. • Free

Registration Deadline:

Monday, February 20

Come join us as we celebrate Dr. Seuss' birthday (March 2).

## Reading Riot at Hario!

Hario Fitness Center • Open to ages 18 months - 4 years.

Bring your little rowdy readers for some story time fun. Register at the Library or Hario Fitness Center. Minimum 5 / Maximum 10 participants.

### "Silly Songs & Stories"

Monday, January 23

10:30 - 11 a.m.

Registration Deadline:

Monday, January 16

### "Nursery Rhyme Time"

Monday, February 20

10:30 - 11 a.m.

Registration Deadline:

Monday, February 13

## Dinosaur Days

Saturday, January 14

1 - 2 p.m. • Free

Open to ages 10 & under.

Registration Deadline: Wednesday, January 11

Join us as we travel back to the days when dinosaurs roamed the earth.

We'll learn how to do the "Dinosaur Stomp" and read a roaringly great book.

We'll also make a dino-mite craft and watch a movie.

This event is limited to the first 20 sign-ups.

## Cupid's Corner

Saturday, February 11

1 - 2 p.m. • Free

Open to ages 10 & under.

Registration Deadline: Saturday, February 4

With love in the air, we'll be reading sweet stories and doing a cute craft.

Come join us and make your Valentine's Day divine.

This event is limited to the first 20 sign-ups.



## PAWS & CLAWS

### Hours of Operation:

Monday - Friday: 11 a.m. - 4 p.m.

Saturday & Sunday: 11 a.m. - 2 p.m.

Closed on Federal Holidays

**Doggy Day Care:** This is perfect for someone who needs a dog sitter while at work or a few hours of day care while running errands. The friendly staff will take good care of your dog or cat. We operate on a space available, first-come first-served basis.

**Self-Service Care:** Self-service care is when only the space is rented and the owner must come in to care for their pets. The owner is responsible for feeding and cleaning the boarding area. Owners that need to use the kennel, but are still in the area can take advantage of this service.

**Kennel Care:** If you are going back to the States for a vacation and you need a place for your dog or cat, look no further. Paws & Claws will take care of your pet daily. Bring in your pet and food, and we will do the rest. Paws & Claws must accommodate customers in the following order:

Category 1: Customers PCSing to Sasebo.

Category 2: Customers PCSing from Sasebo.

Category 3: Customers on vacation outside the Sasebo area.

Category 4: Customers on vacation in the Sasebo area.

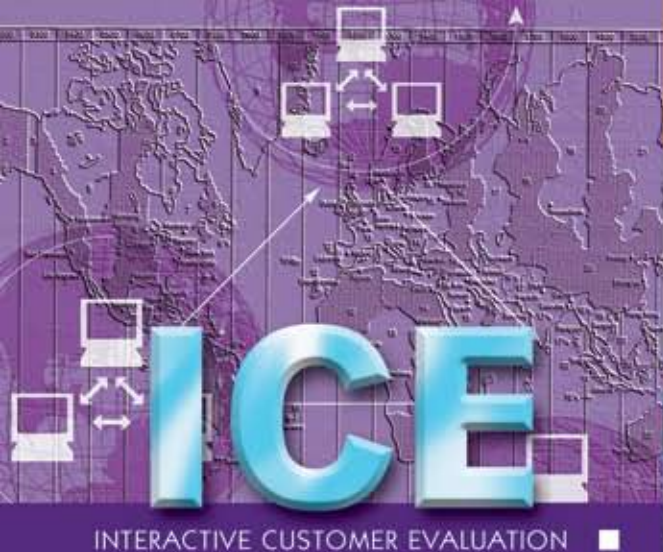
Category 5: Doggie Day Care Service.

## EMPLOYMENT OPPORTUNITIES

### Apply for a Rewarding Position Today

CFAS' Morale, Welfare and Recreation Departments, prides itself on it's stellar star service, engaging programs and dynamic teamwork. Join our team today. Inquire about any position by calling 252-3328 or stop by the MWR NAF Personnel Office located on the second floor of Building 91 (above the Spare Time Recreation Center).





**Q:** Will Child Watch be coming back to the gym any time soon?

**A:** Child Watch was supported by 2 caregivers, with two sessions 0900 - 1030, 1045 - 1230 twice a week on Tuesdays & Thursdays. Staff was scheduled from 0830 - 1300 in order to prepare the room and as well as remain after each session to bleach everything down before putting things away.

- Our average usage from January 2011 - June 2011 was less than 1.5 kids per session. For all of CY10, there were a total of 132 children watched during 192 sessions. To date in CY11, we have provided care for 146 children within 104 sessions; again the average is less than 1.5 children per session.

- Labor costs for 4.5 hours of care are \$200. We were averaging income of less than \$15.

- While not as convenient, Main Base CDC has a special room assigned that can care for multi-ages and has space to accommodate Child Watch five days a week.

- A free family workout area is available in Bldg 91 (Spare Time Recreation Center) 7 days a week, open approximately 12 hours a day. Harjo Fitness Center has a 24 hour/7 days a week family workout area open 365 days throughout the year.

**Q:** The Main Base Teen Center has had continuing issues with the climate control. It's always unbearably hot in the winter.

**A:** This building has a very old Air Handling Unit (AHU). Steam heated air is distributed through to each room. However, there is no selective mode of blowing fan of AHU. It has just an ON or OFF option. The room temperature is adjusted by a steam line control valve (On or Off) triggered by the return air temperature. It is very difficult to control the temperature for each room separately with this type of older systems. Unfortunately, there is no control system in the rooms. We will look further at upgrades/replacement and figure out where this fits in our plans.

## Spring Break Tour! Beijing, Xian & Shanghai (8-Day Tour) Monday, April 9 - Monday, April 16

Price: TBD

### Round-Trip Airfare Specials

Manila • starting from ¥57,500  
Bangkok • starting from ¥54,000  
Seoul • starting from ¥26,000  
Singapore • starting from ¥54,000  
Busan • starting from ¥22,500

### Specials

Special Fare to Sydney on Vietnam Airlines  
(through Saturday, January 28)

Starting from ¥86,500 (including tax)

Special Fare to Taipei on Eva Airlines  
(through Saturday, January 28)

Starting from ¥32,500

### Hydrofoil & Hotel Package Busan

2-Days starting from \$230  
3-Days starting from \$310  
Based on double occupancy

### Upcoming Tour Schedule

March 10 - 17 • Phuket, Thailand  
March 10 - 15 • Ho Chi Minh & Phan Tiet  
April 7 - 14 • Sydney  
May 22 - 28 • Fiji  
May 26 - 29 • Cambodia & Angkor Watt

### A Full Service Travel Company

DSN: 252-3432/3488  
Fax: 0956-24-6591  
Main Base Bldg. 154

Hours of Operation:  
Monday - Friday  
9 a.m. - 5 p.m.

Saturday, Sunday  
& Holidays: Closed

- Personal checks accepted 45 days prior to departure.
- Credit cards accepted.
- Last-minute bookings OK.
- Taxes included in these prices.
- Subject to availability.
- Prices vary depending on departure date.
- Cash payments accepted only in US currency.





*Don't forget...  
"Valentine's Day" is on  
Tuesday, February 14.*



### Year End Inventory Closure

There will be store closures during the weekend of January 22 for Year End Inventory. Please watch for signs on location doors.

Closures schedule as follows:

#### Main Base

Autoport Mini-Mart will be closed at 6 p.m. on Tuesday, January 24.

Navy Lodge Mini-Mart will be closed at 8 p.m. on Tuesday, January 24.

Main Store will be closed all day on Thursday, January 26.

Fleet Exchange & Uniform Shop will be closed at 1 p.m. on Friday, January 27.

#### Hario Village

NEX Hario Home Store will be open at 5 p.m. on Wednesday, January 25.

### Make your game plan for Super Bowl Parties Now!

Order a party platter from Subway and desserts from Baskin Robbins.

### Prepare for "Valentine's Day"! Tuesday, February 14

Our fine jewelry department has a large selection of colored stone jewelry for Valentine's giving. Visit our Flower Shop and choose from our vast selection of flowers for a Valentine's Bouquet! Last day for local deliveries and orders for Valentine's Day will be Friday, February 10. Deliveries available on base at ships, work site and residences. Hario delivery also available.

For more information, call 252-3506 Main Base or 252-8850 Hario Village.

January Birthstone: Garnet  
February Birthstone: Carnation  
January Flower: Amethyst  
February Flower: Violet

## UPCOMING SALES

#### Furniture Sale

Now - Tuesday, January 10

#### Home & White Sale

Wednesday, January 11 -  
Tuesday, January 24

#### Dr. Martin Luther King Jr. Day Sale

Friday, January 13 -  
Monday, January 16

#### Valentine's Day Sale

Wednesday, February 8 -  
Tuesday, February 14

#### President's Day Sale

Friday, February 17 -  
Monday, February 20



## USO

*Special Programs for  
Single and Unaccompanied  
Service members:*

### Tasty Treat Monday

Mondays, January 30 &  
February 27  
All day • Free  
Fleet Landing

*Come get a delicious sweet treat  
courtesy of Chapel Next.*

### Super bowl Party

Monday, February 6  
7 a.m. • Free  
Location TBD

*Come join our Superbowl Party and  
root for your favorite team!*

### Sweets for Our Sailors

Tuesday, February 14  
All day • Free  
Fleet Landing

*Sweet tooth satisfaction*

### Mid-Week Movies

Every Wednesday  
12 p.m. • Free

*Each week at Fleet Landing, we will  
host a theme and play a series of  
movies all day long and serve popcorn.*

### T.G.I.F.

Fridays, January 13, 27,  
February 10 & 24  
6 p.m. • Free

*Save some money and a trip to the  
galley! Stop by the Fleet Landing and  
join us for a delicious,  
home-cooked meal.*

### Movie Night

Every Saturday  
6 p.m. • Free

*Make it a Blockbuster Night at  
Fleet Landing. Join us for movies,  
pizza, popcorn and drinks.*



For more information, call 252-3873.





Hours of Operation: Monday - Friday  
Main Base: 7:30 a.m. - 4:30 p.m.  
Hario: 8 a.m. - 4 p.m.

*The Fleet and Family Support Center classes are free and open to all Sofa Sponsored personnel including retirees and family members. Please call 252-3604 to sign up for these exciting classes!*

### Deployment Readiness

Return and Reunion/Ombudsman Program Support - Brenda Taylor 252-3604/3109  
AOB/ICR - Crystal Copeland 252-3604/5120/3225  
Individual Augmentee (IA) Support - Phil Fraser 252-3604/5128

### Relocation Assistance Program (RAP)

Chanel Cotson 252-3604/3653  
Sponsorship Training / Sasebo Spouse Indoc  
Smooth Move / Loaner Locker  
Family Readiness Program (FRG)  
Exceptional Family Member Program (EFMP)

### Life Skills Education

Phillip Hinnant 252-3604/3116  
Pre-Marital Workshop  
Stress Management Workshop / Suicide Prevention  
Anger Management Workshop  
Myers-Briggs Type Indicator (MBTI) Workshop  
Babysitting Workshop

### Career Support Retention

Billy Reynolds 252-3604/3114  
Transition Assistance Management Program (TAMP) / VA Benefit Information  
Career Options and Navy Skills Evaluation Program (CONSEP)

### Family Employment Readiness Program (FERP)

Wanda Morgan 252-3604/3107  
Resume Writing / Interview Techniques  
Teaching English to Japanese

### Personal Finance Management (PFM)

Norman Okada 252-3604/3105  
Command Financial Specialist (CFS) Training  
Thrift Savings Plan (TSP) Guidance

### New Parent Support Home Visitation Program (NPHVP)

Marie Malpaya 252-3604/3344  
Pre and Post-Natal Education

### Crisis Response / Counseling

Blanch Douglas/Tamya Carter/Sarah Gibbs 252-3100/3604  
Family Advocacy Program for Victims of Abuse (FAP)  
Family Advocacy Victim Assistance Services (FAVA)  
Sexual Assault Prevention and Response (SAPR)

### Ready to Discover Yourself?

*The Fleet and Family Support Center is offering Myers-Briggs Type Indicator (MBTI) Workshops and private sessions to the Sasebo Community. Contact Phillip Hinnant at 252-3116 for more information.*



## RELIGIOUS SERVICES

### Community & Education Center at Main Base

#### Roman Catholic

Sacrament of Reconciliation  
Sundays • 8:30 - 8:45 a.m.  
Sunday Mass • 9 a.m. (through May)  
CCD • 10:10 - 11:10 a.m.  
Weekday Mass • Monday - Thursday • 11:30 a.m.

#### Protestant Worship "Chapel Next"

Sundays • 11 a.m. (CEC Auditorium)  
Children's Church Concurrent With Worship  
Sunday School • 9:45 - 10:45 a.m.

#### Church of Christ (Lay Lead)

Sundays • 10:30 a.m. (CEC 2nd Deck Classroom C)  
Bible Study Following Worship

#### Seventh Day Adventist (Lay Lead)

Saturdays • 10 a.m. (CEC 2nd Deck Auditorium)  
Sabbath School Concurrent With Worship

#### Nichiren Daishinon Buddhism (Lay Lead)

Saturdays • 1 p.m. (CEC 2nd Deck Classroom)

### Hario Chapel

#### Roman Catholic

Sacrament of Reconciliation  
Saturdays • 4:30 - 4:45 p.m.  
Sunday Vigil Mass • Saturdays • 5 p.m.

#### Protestant Worship

Sundays • 9 a.m.  
Sunday School concurrent with Worship

#### New Life Christian Community (Lay Lead)

Sunday School • 10:30 a.m.  
Worship Sunday • 12 p.m.  
Adult Bible Study • Fridays • 6:30 p.m.



# Facility Directory

## Main Base

Administration • 252-3472  
Mon. - Fri.: 8 a.m. - 5 p.m.  
Auto Hobby Shop • 252-3977  
Mon., Tue. & Federal Holidays: Closed • Wed., Thu. & Fri.: 3 - 8 p.m. • Sat. & Sun.: 12 - 6 p.m.  
Child Development Center • 252-2985  
Mon. - Fri.: 6 a.m. - 6 p.m. • Closed Federal Holidays (Special openings by pre-arrangement.)  
Fleet Fitness Complex • 252-3588  
Gear Issue • 252-3595 • Mon. - Fri.: 5 a.m. - 10 p.m. • Sat., Sun. & Holidays: 8 a.m. - 10 p.m.  
Spare Time Recreation Fitness Center • Open 24 hours daily  
Galaxies • 252-2980 / 252-2981  
Wed. & Thu.: 6 p.m. - 12 a.m. • Fri. & Sat.: 6 p.m. - 2 a.m. • 2nd Floor Lounge opens 4:30 p.m. daily  
Food Court (2nd Deck) • 252- 2977 / 252-2978 • Sun. - Thu.: 11 a.m. - 11 p.m. • Fri. & Sat.: 11 - 1 a.m.  
Harbor View Club • 252-3965  
Breakfast: Mon. - Fri.: 6:30 - 9 a.m. • Sat: 6:30 - 10 a.m. • Lunch: Mon. - Sat.: 11 a.m. - 2 p.m.  
Dinner: Mon. - Sun.: 5 - 9 p.m.  
Mongolian BBQ: Thurs.: 5 - 9 p.m.  
Sunday Brunch: 10 a.m. - 2 p.m.  
Hog Heaven: Sun. - Thu.: 4:30 - 11 p.m. • Fri. & Sat.: 4:30 p.m. - 1 a.m. • John Meyer (CPO) Club: Daily: 11 a.m. - 11 p.m.  
Puck's Cafe: Mon. - Fri.: 6 a.m. - 9 p.m. • Sat. & Sun.: 7 a.m. - 9 p.m.  
Liberty • 252-3756  
Single or Unaccompanied Military Program • Located on the 2nd floor of the Fleet Fitness Complex  
Sun. - Thu.: 11 a.m. - 11 p.m. • Fri. & Sat.: 11 - 1 a.m. • Federal Holidays: 11 - 1 a.m.  
Library • 252-3593  
Mon. - Sat.: 10 a.m. - 8 p.m. • Sun.: 10 a.m. - 5 p.m. • Closed on Federal Holidays  
Marketing • 252-3930  
Mon. - Fri.: 8 a.m. - 5 p.m.  
Paws & Claws • 252-2905  
Mon. - Fri.: 11 a.m. - 4 p.m. • Sat. & Sun.: 11 a.m. - 2 p.m. • Closed on Federal Holidays  
Personnel Office • 252-3328  
Mon. - Fri.: 8 a.m. - 4:30 p.m.  
Pre-Teen Center • 252-2908  
Mon. - Thu.: 3 - 6 p.m. • Fri. & Sat.: 3 - 8 p.m. • Sun. & Federal Holidays: Closed  
Outdoor Adventure Center • 252-3500  
Mon., Thu. & Fri.: 11 a.m. - 5 p.m. • Tue. & Wed.: Closed • Sat. & Sun.: 8 a.m. - 5 p.m.  
SATO Leisure Travel • 252-3488  
Mon. - Fri.: 9 a.m. - 5 p.m. • Located in the CFAS Housing Welcome Center  
School Age Care Program • 252-2989  
Mon. - Fri.: 6 a.m. - 6 p.m. • Sat., Sun. & Federal Holidays: Closed  
Showboat Theater • 252-3822  
Movie times published weekly at [www.cnmc.navy.mil/sasebo](http://www.cnmc.navy.mil/sasebo).  
Spare Time Recreation Center • 252-3634  
Daily: 11 a.m. - 10 p.m. • Secured 2nd Tuesday of each month until 5 p.m. for maintenance  
11th Frame Snack Bar • 252-3636  
Teen Center • 252-3797  
Mon. - Thu.: 3 - 6 p.m. • Fri. & Sat.: 3 - 8 p.m. • Sun. & Federal Holidays: Closed  
Travel & Tours • 252-3433 / 252-2916  
Mon. - Sat.: 10 a.m. - 6 p.m. • Sun. & Federal Holidays: Closed  
Veterinary Services • 252-3585  
Mon., Tue. & Fri.: 8 a.m. - 3 p.m. • Wed., Thurs., Sat., Sun. & Federal Holidays: Closed  
Closed for lunch everyday from 12 - 1 p.m.

## Hario Village

Child Development Center • 252-8842  
Mon. - Fri: 6 a.m. - 6 p.m. • Closed Federal Holidays • (Special openings by pre-arrangement.)  
Hario Fitness Center • 252-8960  
Mon. - Fri.: 2 - 8 p.m. • Sat., Sun. & Federal Holidays: 9 a.m. - 6 p.m.  
Cardio, Soft Play Area & Select Machines: 24-hours daily  
Hario Cantina • 252-8857  
Thu.: 6 p.m. - 12 a.m. • Fri. & Sat.: 6 p.m. - 1 a.m.  
Pre-Teen Center • 252-8968  
Mon. - Thu.: 2:45 - 6 p.m. • Fri.: 2:45 - 8 p.m. • Sat.: 2:45 - 8 p.m. • Sun. & Federal Holidays: Closed  
School Age Care • 252-8866  
Mon. - Fri.: 6 a.m. - 6 p.m. • Sat., Sun. & Federal Holidays: Closed  
Teen Center • 252-8968  
Mon. - Fri.: 4 - 8 p.m. • Sat.: 2:45 - 8 p.m. • Sun. & Federal Holidays: Closed  
Village Theater • 252-8753  
Movie times published weekly at [www.cnmc.navy.mil/sasebo](http://www.cnmc.navy.mil/sasebo).  
Youth Sports • 252-8963  
Mon. - Fri.: 8 a.m. - 5 p.m. • Sat., Sun. and Federal Holidays: Closed

COMMANDER,  
FLEET ACTIVITIES, SASEBO  
CAPT Charles Rock

CHIEF STAFF OFFICER  
CDR Donald A. Smith

MWR DIRECTOR  
VACANT

FFSC DIRECTOR  
Olivia O'Neal

MWR MARKETING  
DIRECTOR  
Allison Foo

MWR PUBLIC AFFAIRS  
SPECIALIST  
Maggie Matsuo

GRAPHIC ARTISTS  
Felicia Williams  
Chiaki Robinson





*The Harbor View Club presents...*

SCORE BLOCKS,  
LUCKY DRAWINGS,  
HALFTIME CONTEST,  
GIVEAWAYS, FREE  
POPCORN & MORE!



# SUPER BOWL XLVI

Monday, February 6

Doors Open at 6:30 a.m.  
Free General Admission

## TOUCHDOWN BREAKFAST

Adults: \$9.50

Children 4 - 10: \$4.95

## BUFFET

*Scrambled Farm Fresh Eggs, French Toast,  
Apple Wood Smoked Bacon, Country-Style Ham,  
Buttermilk Biscuits & S.O.S., Bread & Bagel Station,  
Country Potatoes and Beverage Station*

*See the game live on  
the big screens!*



For more information, call 252-3965.





2012

*MWR presents*

# *Mardi Gras*

**Friday, February 17**

6 - 9 p.m. • Hario Community Center

*Carnival Games, Food, Music, Contests & more.*

*For more information, call 252-3472.*

# *Carnegie*